Volume 1, Issue 3

March 2008



### Spring into Health with Child Nutrition



#### **Dynamic Internet Solutions**

Luann Shipley—Child Nutrition Director

As I write this, we're having a snowstorm. I hope when you receive this newsletter, spring will be more evident than it is right now!

We've been working with Dynamic Internet Solutions to put Child Nutrition Programs on the Internet. Summer programs will be the first to use the new system. We anticipate School Food Authorities will be given access to the system sometime in April in order to enter the site information for those of you on the Simplified Summer Food Program. Those of you on the Seamless Summer Food Program will continue to submit your information on paper. The school meals Internet program should be ready in July, and it will include the seamless program.

We will be trying to import as much information as we can from our current system into the new system. The Internet system will mean you will log onto our system and electronically enter all the agreement and site information. Once your entries have been approved by our staff, you will submit your monthly claims via the internet system. It will mean the end of the paper system and the beginning of letting technology make things easier for all of us. We'll give you more information as we go along, but don't worry — we'll be there to help you.

#### **NSLP Update**

Charlene Allert—NSLP Child Nutrition Assistant Director

We've made it a priority this year to develop new ways to train School Food Authorities when staff changes take place. I'm happy to report that a series of seven modules have been developed and are now available via our Child Nutrition Programs website at <a href="http://www.schools.utah.gov/cnp">http://www.schools.utah.gov/cnp</a>. Just click on "Forms and Files" and scroll down to "Training Modules." These modules are designed to help new staff become familiar with Child Nutrition Program requirements. They can be used sequentially, or you can simply click on the module on which you would like to refresh your knowledge.

We have tried to increase the number of training sessions available to you and your staff. The National Food Service Management Institute will offer a one-day training in the spring and a five-day training for new supervisors this summer. We also continue to offer ServSafe trainings throughout the state. Please contact me if you would like to schedule a ServSafe training for your staff.

If you have any questions or concerns, please telephone me at (801) 538-7563.

#### In the News...

Catch her if you can! You may see this Child Nutrition Specialist running around and learning the ropes of the Child Nutrition Programs. We welcome distance runner, diet and exercise enthusiast Dana Adams to the Schools Team.



#### **Issue Highlights**

- Review Findings
- **Summer Food Highlights**
- **Best Practices:** Employee Appreciation
- Food for Thought: 2005 Dietary Guidelines
- Commodities Update
- **©** Calendar of Events
- Featured Recipe: Strawberry Yogurt Split
- Highlight: National School Breakfast Week in Utah

One of the problems we're finding on Coordinated Review Efforts this year is a discrepancy between the daily meal counts and the monthly meal counts.

As a reminder, the meal count you must use as the count for the claim is the total of meals served when you add all the daily counts together. This should be the same as the monthly count. As an edit check, daily the kitchen staff should compare the meal count after the meal service concludes to their tray/ kitchen count. There are good reasons why those two counts might not match exactly, but the manager should be able to explain any differences. For example, one of the students may have dropped a tray. In that case, the kitchen/tray count would be one higher than the meal count for the day.

When we review each school, we obtain the daily counts taken by the staff at the end of each meal service. Then, we compare the monthly counts submitted on the claim. The daily counts (free, reduced-price and paid) should be the same as the monthly counts.

A problem sometimes occurs when a student's status is changed after the meal service has concluded. If a child submits an approvable application for free meals, but has eaten breakfast and been claimed as a paid child, you must not change the child's eligibility after the meal service.

There are two ways to deal with this issue: develop a practice where the applications can be evaluated and

updated prior to the meal service or make them effective the next meal. The category the child is in when he/ she takes the reimbursable meal is the one he/she must be claimed in. If he/ she did not receive a meal in the free category at the time of service. he/she must not be claimed in that category after the service has concluded.

A point of service count is the place where it is determined that a child selected a reimbursable meal (correct number of components/items) and is counted in his/her eligibility category. The meal counts should not be revised after the meal service has been concluded. Remember to document your actions.

### Simplified Summer Food



Matt Anderson—Specialist

The Simplified Summer Food Program replaces the traditional Summer Food Program's accounting requirement and paperwork. This will make it easier for sponsors to provide nutritious meals to low-income children during the summer, while offering sponsors higher reimbursements.

Sponsors participating in the SFSP will no longer be required to:

Report costs in order to receive reimbursement. Reimbursement will be based simply on meals times rates.

- · Separate funds used for administrative or operational costs.
- · Keep a nonprofit food service account for SFSP separate from other Child Nutrition Programs. Monies can flow back and forth between programs.
- Return unused SFSP funds if they are operating a year round CN program. For those sponsors who only operate a SFSP, excess funds may be carried over to next year's program.

Sponsors are still required to keep records of all costs, and have them available for review or audit. They must also account for all income to the program. Reported income will not affect reimbursement. Any excess funds should be used to improve the quality of meals, carry over the funds for next year's SFSP, or pay for allowable costs of other CN programs.

The goal of the Simplified Summer Food Program is to reduce burdensome paperwork, allowing more flexibility of funds resulting in greater program participation.

## Best Practices: Employee Appreciation (45%).



#### Melissa Youngman—Specialist

Employee appreciation week is May 5-9, 2008. Annually SNA recognizes food service staff for their dedication and hard work. Here are 10 ways you can show appreciation.

- · Praise your employees for something well done.
- Say "thank you" or deliver a handwritten note.
- Give time off as permitted.

- · Ask your coworker about his/her family, hobby, or weekend.
- Know your coworker's interests well enough to present a small gift occasionally.
- Organize lunch with the management team.
- · Assign a special parking place.

- · Make a bulletin board celebrating employees with pictures, notes, and letters.
- Implement an employee of the month program.
- · Provide public praise at a staff meeting or in a company newsletter.

Stretch your imagination this year and recognize your employees. Recognition can bring success in your kitchens and build a positive and productive workplace!

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### Food for Thought: 2005 Dietary Guidelines



#### Terra Everett—Specialist

The following information is taken from a USDA memo (SP 04-2008), dated December 17, 2007.

The Dietary Guidelines for Americans (DGAs) serve as a foundation for national nutrition policies, including the meal patterns and nutrient standards of the USDA Food and Nutrition Services (FNS) school meals programs. UDSA is in the process of writing a formal rule requiring SFAs to incorporate the 2005 Dietary Guidelines for Americans into the NSLP and the SBP.

Until the formal rule is written, the State Office strongly encourages SFAs to proactively begin implementing the following recommendations within the current meal pattern requirements and nutrition standards. Gradual implementation provides an opportunity for students to develop a taste for new items and or modified recipes.

- Increase the amount and variety of whole grain products offered to students, and progress toward the goal of making half of all grains offered and served whole grains.
- Increase the availability and service of both fruits and vegetables. Select from all five vegetable subgroups (dark green, orange, legumes, starchy vegetables, and other vegetables).
- Offer only low-fat (1% or less) and fat-free milk. It is recommended that students should consume two to three cups of low-fat milk per day.
- Begin reducing sodium incrementally, with the goal of consuming less than 2,300 mg (approximately 1 tsp. of salt) of sodium per day.

- Plan meals that provide appropriate levels of fiber for each age/grade group. The recommended dietary fiber intake is 14 grams per 1,000 calories consumed.
- Plan meals that, on average, over a school week, provide less than 100 mg of cholesterol at lunch and less than 75 mg of cholesterol at breakfast for all age/grade groups.
- Plan meals that minimize trans fats.

FNS is in the process of developing technical assistance tools that will further assist schools in meeting the 2005 DGAs; these tools will be distributed as they are finalized.

Thank you for your dedication and cooperation in ensuring that Child Nutrition Programs deliver the best possible nutrition service to the nation's children.

### **Commodities Update**

## \*\*PreConference Commodity Processing Workshop\*\*

This workshop is going to take the place of the commodity show that we generally have in October. At this workshop, each processor will have a table to have a one-on-one meeting with the directors and supervisors. There will be NO products shown, and NO orders taken. The next day at the vendor fair, you can sample products. This is for sharing of information

#### Reduced Sodium



Over a two-year period, USDA plans to reduce sodium levels for all vegetables. For SY 09,

they will be reducing sodium to 140 mg per serving in canned tomato products (sauce, paste and salsa) and canned dried bean products. In SY 10 the sodium level for all other vegetables will be reduced.

#### Barbie Faust—FDP Specialist

such as the value pass through method, delivery requirements, nutritional and allergen information, and commercial equivalents. The registration will be in U-Talk. For those of you who are not SNAU members, a separate registration will be sent.

#### **Commodity Processing Workshop**



South Towne Expo Center Tuesday, June 17, 2008 8 a.m.—5 p.m.

### **Upcoming Events**

"Fuel Your Imagination" by participating in **National School Breakfast Week**. Promotional ideas can be found at <a href="http://www.schoolnutrition.org">http://www.schoolnutrition.org</a>.

March is **National Nutrition Month**®, focusing on a nutrition education. This campaign has been created by the American Dietetic Association. To learn more, visit <a href="http://www.eatright.org">http://www.eatright.org</a>.

The **Spring Business Meeting** will be held at two locations this year. We invite you to attend one of the meetings.



March 3-7—National School Breakfast Week

March 25—NFSMI Training, Provo

April 10-11—Nutrikids Training, Salt Lake City

April 29-30—Spring Business Meeting

**May 5-9—**Child Nutrition Employee Appreciation Week

June 17-20—SNAU Summer Conference

**July 7-11—**NFSMI Orientation to Child Nutrition Programs, Provo

July 20-23—ANC in Philadelphia, PA

"Promote the nutritional well-being of the Utah public, with a focus on children, so they may reach their full potential."



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Submissions, suggestions, and comments are welcome.

### Strawberry Yogurt Split

Ingredients:



6 lbs. (6 cups) fresh whole California Strawberries

6 lbs. (3 quarts) vanilla yogurt

7 oz (1-1/2 cups) toasted chopped almonds

**Directions:** For individual servings, peel and split 1 banana. Place banana halves in serving bowl. Top with 4 oz. (1 cup) fresh strawberries, 4 oz. (1/2 cup) yogurt and 1 tablespoon chopped toasted almonds. Yield: 24 servings

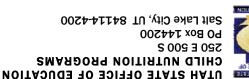
Recipe from the California Strawberry Board, http://www.calstrawberry.com.

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Mailing Label





# SCHOOL BREAKFAST FUEL YOUR IMAGINATION"

National School Breakfast Week is coming in for a landing March 3-7, 2008. Don't forget, your school can win valuable prizes through the Breakfast Booster Contest sponsored by the Dairy Council of Utah. If you are doing something special, be sure to document your activities and take pictures, then submit them to Terra Everett at terra.everett@schools.utah.gov.

If your imagination lacks fuel, take a look at the *out of this world* ideas from schools across Utah!

Nebo School District is going to have an alien encounter at the Principal's Academy—they are doing a skit for the principals to advertise National School Breakfast Week. Under the direction of Nebo's intern Krista Mangan, the district is sponsoring a poster contest for all schools. Each student participant will make a breakfast poster, and the art teachers in each school will judge the posters hanging in the lunch rooms. The best poster will be sent to the food service department for final judging. There will be one winner for secondary schools and one in elementary. The secondary winner will receive an iPod Shuffle, and the elementary school winner will receive a bike. Cosmo Cougar is coming for a visit at both the elementary school and secondary school



where the winners are selected, along with a few of the famous BYU Cougars football team. The team members and Cosmo will enjoy breakfast with the kids. All students will receive a free breakfast on March 5. Their featured breakfast will be an eggcredible from Global Foods. It is a delicious egg and

cheese quesadilla. This will be served with fruit and milk. Food Guide Pyramid erasers will be handed out with breakfast on March 5—very eggciting! They are planning on advertising in the local papers, as well as on Fox News.

Salt Lake School District is promoting National School Week in all of their schools (27 elementary schools, five middle schools, and four high schools). They are using posters from SNA (Emporium) and giving out prizes. Their dietetic intern is doing a promotion for Breakfast Week. All the breakfast foods served in the elementary schools during Breakfast Week will have a space theme. The "School Breakfast-Fuel Your Imagination" activity sheet will be given to students. They're having a

coloring contest in the ele-

mentary schools, and all en-

tries will be displayed in the

cafeteria.



Park City School District is doing some exciting things. They are offering a free breakfast district wide on Wednesday, March 5. They are serving breakfast in a bag in each elementary school classroom, and are leaning toward a grab-'n'-go type of breakfast for the older students. Some elementary schools are focusing on the "Fuel Your Imagination" theme and are giving away prizes throughout the week. Most of the elementary schools are doing more then one promotion throughout March for breakfast.

Suncrest Elementary in Orem, in the **Alpine School District**, is doing a promotion using the movie *Cars*. It is a contest between the boys and the girls, using the McQueen car and the Sally car. The contest will run throughout the month of March. The manager made posters about fueling your bodies with breakfast to win the race. She made a racetrack showing the cars being moved ahead as the participation increases. There will also be prizes, and awards along the way as the race goes on. At the end, there will be grand prizes that will include the DVD movie *Cars* along with other awards.



Uintah School District is hoping to start the grab-'n'-go breakfast program at most of their schools for National School Lunch week. Flyers will be sent home with the students to let them know about the new program. They are also putting an advertisement for National School Breakfast Week in the local paper and on a marquee sign in the middle of town.

Lisa Leavitt, a dietetic intern at Utah State University, organized National School Breakfast Week at **Washington County School District**. Some of the fun materials they will be using are blue rubber "breakfast" bracelets, "Who's coming to breakfast?" bookmarks and posters, rocket race posters, green alien antennae for kitchen staff, and streamers and rockets on the walls.

The elementary school breakfast eaters will color breakfast rockets and post them in the cafeteria for all the students to see. The district hopes to use some of the menu ideas posted on the NSBW website, such as Molten Space Cereal with Asteroids and Star Dust. Yummy! A butcher paper rocket silhouette will be posted on the cafeteria wall. After kids "fuel up" with breakfast they will jump as high as they can and mark how high they reached.

Coral Canyon Elementary has invited the Dixie State Women's
Basketball team to join them one day during breakfast week. The team will
do a simple jumping activity with the students after they are "fueled up."
Some schools may serve green eggs and ham, because National School Breakfast Week
lands on Dr. Suess' birthday.